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DAILY WORD

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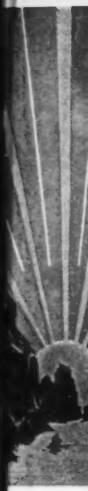
HEALTH · FREEDOM · HAPPINESS · SUCCESS

Bless My Vacation

God of restful, quiet days,
God of happy, peaceful ways;
Bless my vacation!
Give me hills that speak of life,
Give companions free from strife;
Bless my vacation!

God of quietness and rest,
Show to me what is the best;
Bless my vacation!
Every tensing thought unbind,
Bring relaxing thoughts to mind;
Bless my vacation!

God of life, of living things,
God of whom all nature sings;
Bless my vacation.
Provide moments when I find
The heart of God and of mankind;
Bless my vacation.



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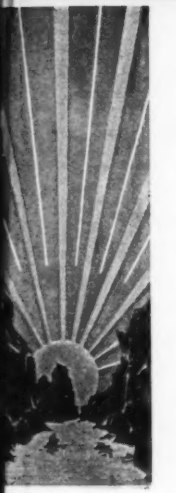

Unity Daily Word

F. B. WHITNEY, *EDITOR*

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

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NUMBER 1

LOVE KNOWS NO WALLS

Once when imprisoned as I was
By dark, unloving thought,
My prison walls were broken down:
To God they were as nought.
God's omnipresence sought me out,
As love He came to me;
His loving presence knows no walls:
He came and set me free.

Editorial suggestions and comments may be addressed to the Editor of UNITY DAILY WORD, 917 Tracy Ave., Kansas City, Mo.

AFFIRMATIONS

USED BY

SOCIETY OF SILENT UNITY

June 20 to July 19

Joy to the Lord, the light is come..

★

Thou art my life unfailing, and I rejoice in Thy abundant, buoyant health.

★

Thou art the source of my substance, and I am gloriously prosperous.

Single copies of UNITY DAILY WORD may be obtained at Unity libraries and newsstands at 15 cents. Subscription, $1 a year. Braille subscriptions are sent free to the blind who are familiar with grade 1½. These gifts are made possible by love offerings.

We also publish *Good Business*, *Progress*, *Wee Wisdom*, *Unity*, *Weekly Unity*, and *Unity Sunday School Leaflet* at $1 a year each.

Requests for Silent Unity's ministry and love offerings for health and prosperity treatments should be addressed to Silent Unity.

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God's Part in Prayer

QUITE OFTEN the person who prays becomes so absorbed in a certain fascination of prayer that he loses sight of why he is praying. He becomes so involved in the process of prayer that he loses sight of its purpose. He becomes so enamored of the thought of turning to God that he fails to see that God has drawn nigh unto him.

In *Beginning Again,* a new Unity book, these thoughts are presented: "Do you not see that the new revelation and presentation of religion pays less attention to asking in prayer and gives more thought to receiving? Do you not see that in the past men often prayed amiss because they became so involved in praying, became so enamored of prayer, that they did not give proper consideration to the thing sought, to God's end of the matter?" Possibly you yourself have found that prayer presents such charm, such peace that you almost forget the object of it. You may need sometimes to shake yourself out of something like drowsiness in order to be more alert to hear and feel the voice and guidance of God. If you go on for weeks and months and years praying for something without results, there is something amiss about the way you pray. You may be so engrossed in prayer that

you do not give thought to God's part, to His answer.

The most important thing in prayer is not its beauty or your devotion or feeling of exaltation. The essential thing is God's part, His filling your life where there is a need, His answering your call. When you pray, "Give us this day our daily bread," the important thing is your knowing that God is giving you daily bread. When you pray for health, your thought must not be on the fact that you are praying but on the truth that God is actually giving you life and health and strength. God's part in prayer represents just about one hundred per cent of it. Your own part is infinitesimal.

If you will think of what God's part in your life is, you will have less difficulty in thinking of what His part in prayer is. Think of God's presence as occupying all your life. Keep your personal self out of the way. Keep your thought off the idea that you are asking and place it on the truth that God is giving and you are receiving.

In Truth we think of prayer as affirmative and positive. We think of prayer as being answered. We think of God not as withholding but as giving quickly and generously. Prayer to us is but a process of thinking Godward whereby man finds that

the blessings of God are being poured out upon him in bountiful measure.

When you pray, rise out of the thought of your personal needs and think of God's bounty in which you participate. Cease to think of the disease you want to overcome and think of the health of God actually being bestowed upon you. Cease to think of the position you need and think of God as actually guiding and directing you into a position of joy and plenty and success. This is the positive way of prayer.

The secret of the success of Silent Unity, our prayer group, lies in the fact that when a person writes to this group for help he is taught to keep his thought off his need and to direct it in a positive way to the blessings of God. He is taught that God must occupy his thought. He must think of God's part in prayer, the answering and giving and blessing. Silent Unity teaches him to give God first place.

If you have had some difficulty in getting answers to prayer, try this method of thinking less and less of yourself, your needs, your asking. Remember that God has a part in your prayer. His part is to answer and to give. Unless you give Him first place you delay the answer.

A Treatment to Attain Relaxation

I NOW rise above every belief that persons, things, and circumstances can in any wise make me tense in mind or in body. I no longer think of things of the world about me as having power over the Spirit of Christ within me. I know that external things do not have the power to create stress and strain in my physical organism.

I live in the consciousness that at this moment I am free from anxiety and worry. I know that all my affairs are in God's keeping and that I need not be concerned about them. I relax in the realization that all is well. My muscles and nerves are no longer taut. I am relaxed in the consciousness that I can trust God in all my ways. I know that in His peace and love and justice He will take care of me and all that He has intrusted to my care.

In relaxing I lose all sense of worry and anxiety. I enter that inner kingdom where I am face to face with God, where I behold myself and my loved ones as we exist in God's sight and as we are provided for by His love and substance. I know that I need not fear for the morrow, because He will take care of me. I know that I need not be anxious for my loved ones. I place them in His loving care.

I rise above all sense of fear. I know that when

I trust God I have nothing to fear. In placing myself in His care, in dedicating my life to Him, I am assured of freedom from all fear.

I am not anxious about my physical well-being. I know that when I trust God I am free from all sense of disease. I know that I can relax from all fear of disease because God is my life and health and strength. I know that even now He is freeing me from all sense of worry about disease.

I am no longer worried about personal finances. I relax in the consciousness that God is my supply and support. I know that as I increase in the consciousness of trust in Him for substance I increase in the possession of tangible supply.

Our Birthday Anniversary

On July 1 we celebrate the birthday of UNITY DAILY WORD. For many years now, our subscribers and friends have followed the custom of sending subscriptions to reach us during the week of July 1 in order to show their appreciation of the little magazine, to express thanks for some blessing they have received, and to share it with others. If UNITY DAILY WORD has helped you, will you send a subscription to some friend and help us celebrate?

God's Healing Work Is Done

The healing work of God is done.
He ever triumphs! Victory's won!
You need not wait for God to heal;
Just let His light the Truth reveal.

The future never need be sought;
In Truth tomorrow is as nought.
This moment is the battle won,
The healing work of God is done!

The present moment is the time!
It matters not the place nor clime;
You think the Truth—God's work's begun
And next His healing work is done!

Life's Simplicity

LIVING becomes difficult only when we live apart from the simplicity of Truth. Were we always to know that we live in the presence of God, we should be relieved of all difficulty, we should find living a simple matter. The vexations and complexities of modern life would find no place in our life were we always to give God first place.

The simplest teaching in Truth is that man lives in God's omnipresence, in His presence of light, peace, love, joy, health, and plenty. To lay hold of this simple teaching is to free ourself automatically from all belief that there can be any presence, reality, being, or existence of evil, sin, adversity, fear, disease, or want in our life and experience.

Early morning often inspires us to feel something of life's simplicity. As we pray we think only of God and our relation to Him. At the dawning of a new day we have not as yet begun to think of the complexities and difficulties of a modern existence. Life seems simple indeed as we meditate upon God and feel that we are a part of His great presence of good.

Many, many religions and philosophies of life are offered us, but none of them has the simplicity

of the Truth of Christ, the truth that there is nothing but the presence of God in our life and that we are one with it. Life is indeed free from all complexity when we establish in our heart and life the simple truth of God's omnipresence. Life becomes complex, we get into difficulty, we fall into adversity when we lose sight of this simple teaching. In fact the whole of Truth has nothing to offer us but this: we are one with God, the good. When we accept this simple teaching, we know virtually all there is to Truth.

Is life easy and simple to you? Have you learned to live in the presence of God? Or do you get into difficulty from believing that life is hard for you? Do you think of the persons, things, and circumstances in the world about you as having more effect upon you than has the presence of God? Your view of life determines how simple living becomes to you. Your understanding of the simplest of all truths assures you of living in God's omnipresence, which is at once the presence of whatever good you need and desire in life.

All about us we see those who seemingly live contrary to the life of God. We see those who struggle against life, those who have not found God. We see those who make a difficult thing

of living because they do not know and accept the simple truth that God is within and about them as the presence of all good.

To carry through the day the truth that God lives with us, in us, and about us is to have the assurance of living simply and successfully. There can be no difficulty, no complexity, no stress and strain of living when we know the simple but mighty truth that God is ever with us, ever at hand to guide, protect, love, heal, and bless us. Living takes on a new meaning for us when we know that we no longer need to struggle to live.

Our whole world changes when we find the simplicity of living. Our whole existence takes on a new aspect when we realize that we do not live in a world of lack and disease and want but in one where the omnipresence and omnipotence of God become the actual presence of some blessing we seek and desire. Living simply is only a matter of living in God, living in the realization that in Truth there is nought but the goodness of God, of which we ever partake according to our necessity. There can be no difficulty about living simply in the consciousness of God's omnipresence, in which there is no place for anything that is unlike God or devoid of His eternal goodness.

How I Found Freedom

I sought for freedom, came to find
That I must give up thoughts that bind;
That I must set all others free
If freedom 'd be expressed in me.
I sought from bondage free release
And found that I must give my peace
So those in limitation's chain
Might all be free and whole again.
I prayed for freedom, came to know
That every binding thought must go;
That, setting others free, I'd find
Myself set free in soul and mind.

THE PEACE OF CHRIST WITHIN ME ESTABLISHES PERFECT PEACE IN EVERY PART OF MY WORLD.

PEACE, perfect peace, is within you, since Christ is in your very midst. Nothing in all this world can take your peace from you if you realize Truth. Nothing can take Christ from you and nothing can destroy the peace that comes from knowing Him. The very presence of Christ is peace.

Established in Christ's perfect peace within you, you will find your environment transformed into one of peace. The outer will become as the inner. Your consciousness of peace will express itself as an aura of peace. Your world will become peaceful and harmonious.

When you become conscious of Christ as ruling in your heart, at the same time you realize that He, the Spirit of peace, rules your life and your world. You take command of external situations because of the power invested in you through Christ. You find no absence of peace in your heart or in your world, since Christ fills these completely.

♣ *Let the peace of Christ rule in your hearts.*—COL. 3:15.

Saturday

JULY 2

I RECOGNIZE THE UNIVERSAL UNITY CONNECTING GOD, MYSELF, AND ALL LIVING THINGS, AND I AM ONE WITH GOD AND ALL LIFE.

THERE IS a field of spiritual force connecting all things in Truth. God is the unifying element. All sense of separation is overcome when we realize the presence of this unifying element. We often call God "the One," meaning thereby to call attention to His omnipresence.

Do you feel yourself separated from others? Then know the truth that in Spirit there is no separation; there are no divisions, no differences. God's love for you and your love for Him is the same love that others feel. God's life in you is the same life that is in all living things. You may think that there are personal differences between yourself and others but in Spirit you are all one.

Life will take on a new aspect if you will cease to think about the things concerning which you and some other person disagree and begin to think about the things that you have in common.

♣ *There can be neither Jew nor Greek, there can be neither bond nor free, there can be no male and female; for ye all are one* man *in Christ Jesus.*—GAL. 3:28.

IN STILLNESS AND QUIETNESS I REALIZE MY FREEDOM FROM EVERY DISTURBING INFLUENCE. I AM CENTERED IN GOD.

STILLNESS gives us command of ourselves and our life because through it comes power from God within us. In stillness we realize our freedom from that which would seem to disturb us. We find an inner place of quiet and rise above the belief that things of the outer world can disturb us.

Quietness found in the inner realm of Spirit soon extends to the very circumference of our being. When we have the inner sense of quiet, we become quiet through and through. We reach that consciousness in which we are unaware of external things. We know only the indwelling presence of God.

If you would be still and quiet, think less and less of the presence and power of external things and more and more of the presence and power of God within you. Direct your attention away from that which seems to disturb you, and direct it toward that which promises harmony and power.

♣ *Be still, and know that I am God.*—PSALMS 46:10.

Monday JULY 4

I ABIDE IN THE CONSCIOUSNESS THAT CHRIST IN ME HAS SET ME FREE FROM ALL BONDAGE.

ABIDE today in the realization that through Christ you are set free from all belief in bondage and limitation. Realize that your freedom is complete, in nothing wanting. When you abide in the consciousness that Christ has set you free, do not let any thought of bondage cause you to become enslaved again.

Jesus brought to mankind the message of deliverance from bondage. He found men in bondage to belief in sin, fear, disease, and lack. He declared their freedom through the Christ message. He directed their thought to their own indwelling Christ. He knew that with their thought upon Christ in the midst of them they could not believe that persons or things in the world could hold them in bondage.

You are free only to the extent that you know the truth about your freedom, to the extent that you have wiped from mind all belief that you are in bondage. This state of mind we call the consciousness of freedom.

♣ *I shall walk at liberty.*—PSALMS 119:45.

Tuesday

I DO NOT HOLD MISDEEDS OF THE PAST AGAINST MYSELF OR OTHERS. I FORGIVE EASILY AND THOROUGHLY.

FORGIVENESS comes easily when we see things in their right relation. A study of Truth helps us in this respect; consequently students of practical Christianity find that they can forgive readily. In the first place we have no right in our thought to hold against others today their misdeeds of yesterday. Secondly, we give little weight to what others think of as evil. If another has a situation to handle, a personal problem to solve, our part is not to condemn him.

Forgiveness is a process of clearing from our thought the adverse belief that we entertain about God's perfect child. If we entertain negative thoughts about ourselves, we must free ourselves through this process of forgiveness. If we accuse others of misdeeds, we not only need to free them from our accusing thought but we also need to keep this thought out of our own mind.

When we forgive, we reap more benefits ourselves than does the one whom we forgive.

♠ *Whatsoever thou shalt loose on earth shall be loosed in heaven.*—MATT. 16:19.

Wednesday

JULY 6

I AM NO LONGER AFRAID. THE PRESENCE OF CHRIST WITHIN ME MAKES ME FEARLESS AND COURAGEOUS.

NOTHING in all this world can make you afraid when you realize that within you is the very presence of Christ. Neither person nor thing can cause you to be fearful when you know the truth of your freedom from fear.

In freeing yourself from fear remember that you do not consider persons or things. You do not consider the external thing that makes you fearful; you deal solely with your thought about it. Fear is of the mental world. You free yourself from fear when the belief in courage is strong enough to overcome it.

Those who are fearful show that they live in the external world. Those who are courageous are conscious of the world within them. They live in the consciousness that Christ is present within them and that through Him they are fearless and courageous. They live in a world of courage where fear is unknown. Fear ceases to exist because Christ lives within them.

♣ *God gave us not a spirit of fearfulness; but of power and love and discipline.*—II TIM. 1:7.

Thursday

CHRIST LOVE IN MY HEART INSPIRES ME TO GIVE UP EVERY UNLOVING THOUGHT, AND I EXPRESS THE LOVE OF CHRIST TOWARD ALL PERSONS.

THINK often of yourself and your world as ruled by Christ within you and His love. Make no concession to any belief that there is any unloving situation that the love of Christ cannot adjust or overcome. Recognize no unloving thought as able to withstand the power of Christ's love.

The unloving attitude is always the badge of the person who is unconscious of Christ in his heart. He shows that he has not unified himself with the presence of Christ. His attitude indicates that he is unaware of having within him the very fountain of love that purifies the mind of hate and personal animosity.

When we realize that Christ abides in us and we in Him, we are identified with His presence and His love. Nothing in all the world can make us unloving when we accept this truth and unify ourselves with love.

♣ *Love one another; even as I have loved you.*—JOHN 13:34.

Friday JULY 8

I NOW KNOW AND GO THE WAY THAT SPIRIT DESIGNATES FOR ME, THE WAY OF PEACE AND SUCCESS.

HOW SMOOTH our way in life becomes when we learn to go the way of Spirit! When we are guided and directed by Christ within us, our way must be one of harmony, health, and prosperity. Only when we choose to go some other road do we fall into inharmony, disaster, disease, and failure. How essential it is that we know the way of Truth, love, peace, and go that way!

How do you find this way? How can we distinguish the false from the true, the way of hardship from the way of Spirit? By referring the matter to Christ within us. By getting still and asking, "Is this the way? Is this the step that Spirit wants me to take?"

You will always find that Spirit designates a way wherein you may learn more of Spirit. If you need to know more of love and to express it, then your way will be one in which love must be manifested. This process will not be a difficult one for you if you let Spirit express itself through you.

♣ *Jehovah knoweth the way of the righteous.*—PSALMS 1:6.

Saturday

I RELAX AND REST IN THE CONSCIOUSNESS THAT ALL MY AFFAIRS ARE NOW ADJUSTED AND MANAGED BY THE SPIRIT OF GOD.

YOU CAN easily relax from mental and physical tension when you learn to put yourself and all your affairs in the keeping of God. You do this by dropping from mind the belief that external things can make you tense. You trust in God knowing that He will manage all things wisely and well.

Relaxation then comes from trusting in God.

You will have no difficulty in relaxing when you learn the simple process of giving your affairs into the keeping of Spirit. You will find yourself relaxing from tense thoughts and your body becoming free from muscular tension. The things that formerly made you tense will no longer have power to do so.

Relaxation from tension must take place in the mind. Relaxation in the body readily follows. We give our mind a rest from tense thoughts and then experience peace in the body. We relax in the presence of God within us.

• *Ye shall find rest for your souls.*—JER. 6:16.

I ABIDE IN THE PRAYERFUL STATE OF CONSCIOUSNESS IN WHICH I REALIZE THAT I AM ONE WITH CHRIST IN ME AND ALL HIS BLESSINGS.

PRAYER is a state of consciousness in which the individual realizes his oneness with Christ within him and His blessings. He realizes that he cannot be separated from Christ or from that which Christ bestows upon him. He knows that he can enter that high consciousness at any time and there realize his oneness with the presence of Christ, a realization that ends all belief that he is one with limitation and adversity.

By prayer we break all connection with adversity and identify ourselves with the good that we want to bring into manifestation. We cease to believe that we are identified with ignorance, sin, evil, disease, fear, and failure. We realize that we are at one with the light of Spirit, peace, joy, love, health, and plenty. We can see that by prayer we come into the realization of the powerlessness of evil and realize the all-powerfulness of God.

❖ *What great nation is there, that hath a god so nigh unto them, as Jehovah our God is whensoever we call upon him?*—DEUT. 4:7.

Monday

I AM ZEALOUS, RESPONSIVE, AND ENTHUSIASTIC BECAUSE THE ZEAL OF SPIRIT WITHIN ME STIRS ME TO ACTION.

As we become stirred with the zeal of Spirit within us, we are moved to activity both in mind and in body. The zeal of Spirit makes us zealous in carrying out the promptings of Spirit. We are freed from all indifference and lassitude. We become alive and alert.

Are you not especially interested in alert, zealous, and responsive people? Do you not feel your own zeal quickened when you sense their enthusiasm? Do you not feel just a little closer to them and have a firmer belief in the brotherhood of man when you find people alert to your thought, quick to respond, and zealous to act?

We feel just a little nearer to God when we are charged with the enthusiasm and zeal of Spirit. We feel more thoroughly alive, more akin to the deeper forces of Spirit.

The zeal of Spirit fills us at all times, and we need but direct our attention to it in order to claim it as our own.

♣ *Be zealous therefore.*—Rev. 3:19.

God Is Ev

It matters not where I ma go or
I cannot live apart from God, I
And whether on some mountain
I know that I am not alone; for G

And though I find myself at time
My soul would keep its secret try
I know I cannot be upset—this tr
God's Spirit woos my soul in joy,

No truth could ever be revealed
My heart in rapture ever sings, i
I think of God, eternal good, an
I cannot live apart from God, fo

Is Ever with Me

I ma go or whether I'm on land or sea,
from God, I find that He is e'er with me.
ne mountain peak or on some sandy, glist'ning shore,
t alone; for God is with me evermore.

nyself at times in crowded street or busy throng,
its secret tryst, my heart would sing its song.
upset—this truth comes to me more and more;
y soul in joy, for God is with me evermore.

be revealed that makes for greater, fuller joy;
ever sings, its many praises to employ.
nal God, and all His goodness I adore.
rom God, for He is with me evermore.

Tuesday JULY 12

THE PERFECT IDEA OF MAN IMPLANTED WITHIN ME AT MY CREATION IS NOW MANIFESTED AS MY PERFECTION.

IN THE SIGHT of God you are perfect. You are His perfect idea of man in manifestation. You are this perfect idea of Divine Mind come into visibility as man in manifestation. Only one thing can keep this manifestation from being perfect, your own limited idea of yourself. As long as you think of yourself as imperfect you place a limitation upon the perfect idea.

In Spirit you have no imperfections or shortcomings. You could not have been created in the image and likeness of God if you have. You cannot be His perfect child and be imperfect. In Truth you are God's perfect thought about man, and as you know Truth better this thought becomes more and more visible as perfect man.

Blot from mind every belief that tends counter to the truth of your perfection. Do not claim any imperfection as your own. Know that in Truth you always have been, are now, and always will be God's perfect child.

♣ *I am God Almighty; walk before me, and be thou perfect.*—GEN. 17:1.

GOD AS LIFE PURIFIES, REPLENISHES, AND STRENGTHENS MY LIFE, AND I AM THOROUGHLY ALIVE IN HIM.

TODAY we think of God as our life and realize that we are one with Him, never separated from Him, or lacking in life to any degree. We know that His Spirit animates us continually. We know that it cleanses, vitalizes, refreshes, and strengthens us. We realize that in the very midst of us is life that can never be depleted.

Cease to think of external things as giving life to you. Know that only to the extent that Spirit gives its life to these for your benefit can they be beneficial to you. Realize that God within you as your life is ever expressing Himself through you as more and more life. To know this truth is to free yourself from any belief that your life can be limited to any extent.

Let God as life represent to you whatever is necessary to make your life purer, newer, freer, or fuller. Remember that God adapts Himself to your life according to your necessity.

♣ Thy *life shall be clearer than the noonday.*—JOB 11:17.

Thursday

JULY 14

I HAVE FAITH!—FAITH IN GOD, THE GOOD, FAITH IN MYSELF, FAITH IN MANKIND.

FAITH gives us a powerful hold upon the good in life. Through faith we seize upon that which we desire to manifest in our life. Believing in God, the good, by faith, we lay hold of the good and possess it. Faith in the good is the antidote to doubt and unbelief or faith in evil.

When thoughts of doubt assail you, affirm, "I have faith!" Feel in your words the very faith of Christ. Faith is the same whether exercised now or in the time of the apostles. Faith in God is the same whether you feel it or whether Jesus felt it. When you have faith in God you identify yourself with all faith. The power of all faith becomes active in your faith. The power of Jesus Christ comes to your aid when you have faith in God, His Father.

Faith in God links us with His good. We stand with Him. When we have faith in God He stands with us. His arm is about us. He is with us in all that we do.

♣ *He wavered not through unbelief, but waxed strong through faith, giving glory to God.*—ROM. 4:20.

THE SPIRIT OF GOD IS EVER WITHIN AND ABOUT ME, READY TO HELP ME AT ALL TIMES.

NEVER FEEL that you are alone, without aid, without the comforting and sustaining presence of Spirit. It is ever within and about you. Regardless of appearances or adverse circumstances, God is always with you. When you need help God is at hand. He makes Himself felt and known through your spiritual consciousness.

Do you need help today? You have it right now. Turn away from any belief that you are alone, without aid, in need. Turn your thought within you to the very center of your being. Direct your thought to your heavenly Father, even as when a child you went to your earthly father for help.

God's help will be given you in the measure in which you need it. He will appear to you in the way in which He can best serve and help you. Not a thing will be denied you when your heart is turned to Him and your thought is all on Him.

God is our refuge and strength,
A very present help in trouble.
—PSALMS 46:1.

Saturday

JULY 16

GOD, THE GOOD, IS EVER PRESENT WITHIN ME AND EVER MANIFESTS HIMSELF AS GOOD IN MY LIFE.

THE PRESENCE of the Spirit within us is the very presence of good. As we meditate upon this presence we know that in Truth evil cannot abide within us. We know that when we think of the Spirit of God we cannot believe in evil, sin, fear, disease, and lack. These cannot abide in the presence of God.

God within and about us is always a presence of protection. No evil thing can come nigh us or disturb us when we know that we abide in the presence of good. Evil cannot appear to have being, reality, existence, and permanence when we know that God alone is true and eternal.

God exists as good in our environment. No belief in inharmony can establish itself as evil when we realize His presence. When God is understood to be the presence of good we cannot believe in a presence of evil. When we know that God is all in all, we cannot believe that there is something else beside Him or unlike Him.

♣ *Yea, I have a goodly heritage.*—PSALMS 16:6.

THROUGH PRAYER, SILENT COMMUNION WITH CHRIST IN ME, I LAY HOLD OF THE BLESSINGS OF GOD.

BY PRAYER we commune with God and come into the realization that all God's blessings come to us, His children. We lose sight of former beliefs in limitation and lack. Through silent prayer and the practice of the silence we enter into the mighty realization that we are at one with all that God is and has.

By prayer, feeling our interrelation with God, we draw closer to the Spirit of truth and feel that it comes nearer and nearer to us. We find that prayer helps us to establish a conscious union with God.

By prayer, communing with peace and love and health within us, we cause these blessings to come more and more in evidence. We see that there can be no break between us and the things of God. We realize that the very blessings of heaven are ours. Prayer is a conscious recognition of Spirit within us and a conscious conviction of our inseparable oneness with it.

♣ *Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.*—MATT. 7:7.

Monday

JULY 18

I DO ALL THINGS, ALL THE WORK OF MY MIND OR MY HANDS, WITH GOD'S HELP AND TO HIS GLORY.

WERE WE always to think of God as with us in all that we do, that which seems to be labor would be transformed into an easy task. When the personal man thinks that he has a great deal of work to do, he loses sight of God's power to help him and to lighten his burden. He who knows how to think correctly of work finds that he places many responsibilities upon God and thereby rests his own shoulders.

Those who are engaged in mental work must learn to rely upon God for new ideas, in this way keeping their mind fresh and alert. They must know that they are not forced to rely upon sheer brain power and human will but that they can relax mentally in the consciousness of their oneness with Divine Mind.

Those who do manual labor can lighten their work by learning to relax many times during the day. Spirit within them is their strength, their source of life, their ever-renewing life.

♣ *Be strong, all ye people of the land, saith Jehovah, and work: for I am with you.*—HAG. 2:4.

THE LIGHT OF CHRIST AT THE CENTER OF MY BEING IS EVER THE SOURCE OF MY WISDOM, ILLUMINATION, AND INSPIRATION.

WHEN you were created, your heavenly Father placed in you the light of wisdom. Were you always to realize this truth, you would never be ignorant or in the dark about anything. You would know that this indwelling light is the light that illumines you in all things. No information can be withheld from you when you realize that through the light of Christ all things are revealed to you.

To think of yourself as ignorant or without light is to think contrary to Truth. You cannot exist in darkness and exist in the light of Truth.

The light of Christ illumines and inspires us. Through it come our inspiration and revelation. All things are revealed to us when we realize that this light is within us and that we abide in it. We realize that in Spirit there is no darkness, that man cannot be in the dark.

The light of Christ within you is the light that illumines your way today, that reveals your good.

♣ *While ye have the light, believe on the light, that ye may become sons of light.*—JOHN 12:36.

Affirmations

USED BY THE ***Society of Silent Unity*** . . . . . .

JULY 20 TO
AUGUST 19

ILLUMINATION . . . ***In the quietness and confidence of God within me I am established in wisdom and understanding.***

+

HEALING . . . ***In the quietness and confidence of Thy Spirit within me I realize Thy abundant life, and I am healed.***

+

PROSPERITY . . . ***My mind is stayed on Thee as my unfailing resource, and I am in all ways prospered.***

Wednesday

I AM HEALED THROUGH THE KNOWLEDGE THAT WITHIN ME THERE IS DIVINE POWER EXPRESSING ITSELF AS PERFECT HEALTH.

GOD CREATED man whole and perfect. When man does not think according to Truth, causing disease to appear, he but caricatures himself as a thing of disease. He tries to continue in his adverse thought and to remove the result and evidence of his thinking by the use of drugs or material things, but he fails to do so. He is compelled to cease thinking the disease-producing thought and begin thinking Truth.

How we rejoice to have the knowledge of Truth and the realization that within us is healing power! We give up adverse thinking that Truth may manifest itself in us as health. We make ourselves receptive to the presence of Spirit within us so that its power may purify us of disease and make us healthy and strong.

To be healthy you must think in terms of health. When you think that your health and perfection are more real and true than is your belief in disease, your health and perfection appear.

♣ *O Jehovah, heal me.*—PSALMS 6:2.

Thursday JULY 21

I AM A CHILD OF MY HEAVENLY FATHER, RICH IN HIS RICHES, WHICH ARE SUFFICIENT FOR MY EVERY DEMAND.

IF YOU have thought of yourself as a child of misfortune and lack, think instead about your relation to God. Claim Him as your Father and behold yourself as His heir. Know that all that He has is yours. Realize that He inspires you with rich ideas and discloses your prosperity to you. As a child of God you cannot know poverty or misfortune.

Let no adverse thought play upon your business. Think constructive and prosperous thoughts and see these as manifesting themselves in your business as prosperity. The state of your business shows the state of your consciousness.

Bless your home with the thought that all that you need is becoming manifest there. Let no thought of lack prevail. Teach every member of the household to believe in supply. Think of your heavenly Father as the source of your supply and be confident that He will supply all your needs.

God now reigns in you and in your life.

❦ *Have their hope set . . . on God, who giveth us richly all things to enjoy.*—I TIM. 6:17.

THE SPIRIT OF GOD IN ME HAS DOMINION AND AUTHORITY OVER EVERYTHING IN MY WORLD. MY MASTERY IS EXPRESSED AND RECOGNIZED.

MAN HAS within him power and dominion over every situation and thing in his world. This dominion comes through knowledge that the Spirit of God is in his midst. It comes through knowing that Spirit is mightier than all else, stronger than the claims of the external world.

It is usually the belief that persons, things, and events of the external world can affect our well-being, and this belief causes much of the mental unrest and physical inharmony that man experiences. The truth of Spirit's supremacy, the recognition of man's mastery through Christ, enables man to assert his mastery and authority.

Man comes into the world with power from God and mighty to overcome and overthrow every claim of the world about him. His experience in the realm of matter is solely to prove to himself his supremacy over evil, sin, and disease, their powerlessness from the standpoint of Spirit.

❧ *The upright shall have dominion.*—PSALMS 49:14.

I AM SO CONSCIOUS OF THE BLESSINGS OF GOD THAT I CANNOT THINK OF ANY GOOD THING AS BEING WITHHELD FROM ME.

BLESSINGS from heaven come to us continually. Often we fail to recognize them. Sometimes we think that some good is withheld from us, but the truth of the matter is that even then a blessing is on the way to us. We think that blessings should come to us in a certain form or way. Possibly the Spirit of wisdom has a better blessing for us. Certainly if we are in the right consciousness, we shall not be without blessings, whether they come to us according to our order or according to heaven's wisdom.

Never think of good as being withheld from you. God is in your very midst. How could He be apart from you? How could His goodness be withheld? Since you are His child, why should He withhold Himself from you or deprive you of your good? Prepare your mind to receive it. Cease to think of blessings as withheld. Cease to think of yourself as apart from God.

The blessing of Jehovah, it maketh rich;
And he addeth no sorrow therewith.
—PROV. 10:22.

THROUGH THE PRESENCE OF CHRIST IN ME, THE PRESENCE OF HEAVEN, I DISCOVER THAT I ABIDE IN HEAVEN HERE AND NOW.

NEVER think of heaven as existing in some future time or in the distance. Heaven is separated from you only by your limiting belief in time and space. When you correct this belief through knowing Truth, you discover heaven in your midst.

Heaven is the state of perfect harmony. In this state we are completely unified with Christ within us. No adverse belief can exist in our mind when we are in heaven. We cannot believe in fear, hate, disease, and lack.

You can find heaven right where you are by turning in thought to the presence of Christ within you. When you have found this presence, you find that it also pervades your very environment. Your environment is heavenly because it is one of peace and love and joy. It is heavenly because it is pervaded by the presence of Christ.

Do not put off your enjoyment of heaven until some future time. Live in it today.

♣ *I was not disobedient unto the heavenly vision.*—ACTS 26:19.

Monday

JULY 25

THE VERY SPIRIT OF NEWNESS PERVADES MY MIND, MY BODY, AND MY WORLD, AND ALL THINGS ARE MADE NEW.

IF WE hold to obsolete ideas and outgrown viewpoints, we bind ourselves to limiting conditions. We cease to grow when our ideas of life become crystallized.

A person becomes old in mind and in body when he shuts out new ideas. His mind is denied the freshness and vitality that new thoughts would convey to it. If his body and his world are ruled by thoughts lacking in freshness and newness, his health, his life, and his environment are denied the newness that is generated through new ideas, new viewpoints.

Always be ready to consider a new idea. There is nothing to be lost by giving any new idea a fair hearing.

Each morning begins a new day and is like the threshold of a new world, a new life, new possibilities, new blessings. See yourself, your associates, your work, and your world from the standpoint of new ideas.

♠ *So we also might walk in newness of life.*—ROM. 6:4.

Tuesday

THIS DAY I GIVE FULL EXPRESSION TO THE JOY OF THE LORD WELLING UP WITHIN MY HEART.

LET JOY have its perfect expression in and through you. Give the joy of the Lord full expression and let it wipe out every trace of sadness or depression. Remember you are a child of God, a child of joy, and not a creature of depression. You are to let yourself be the channel through which the joy of God expresses itself. You are to keep out of mind every belief that would be contrary to the joy of the Lord.

The children of God are a joyful people. If you would know whether a person has caught the vision of Truth, you can ascertain it by the degree of his joy. The knowledge of his divine sonship should give him a heart and a countenance of joy.

Think often of yourself as God's radiant and happy child. Think of yourself as free from all belief that things of the external world can cause you to lose sight of God within you. When you have caught the vision of Truth, nothing of the world about you can claim your attention.

♠ *Thou hast put gladness in my heart.*—PSALMS 4:7.

Wednesday JULY 27

DIVINE JUSTICE NOW GOVERNS MY MIND AND ALL MY RELATIONS WITH OTHERS.

As we meditate upon the justice of God we think of it as mighty to eradicate every belief that we have entertained in the power of injustice. Even as God's power knows no limit, so His justice makes no concession to that which we call unjust. When we realize that our mind is one with Him we make a contact with His justice and come to be governed by it.

Drop out of mind all thought that you are dealt with unjustly. Cease to think that the circumstances of your outer world are out of your control or under the influence of some unjust power. In Truth God alone governs you, and if you will but realize this, nought but justice can prevail in your world.

If you would build a consciousness of justice, you must be thoughtful to deal justly with others at all times. The Golden Rule must become your rule of thought, word, and deed. Your life will then be governed by divine justice.

♣ *As ye would that men should do to you, do ye also to them likewise.*—LUKE 6:31.

Thursday

THE LIFE OF GOD IN ME IS MY LIFE, AND THROUGH IT I AM VITALIZED IN EVERY PART.

VIEWED from the standpoint of Truth, life is something in us that is of God, something enduring and constant. As long as we are conscious of its presence, it continues to be a source of life to our body. When through negative thought we fail to lay hold of this life and to keep unified with it, we separate ourselves from it and physical death ensues.

Our life is the very life of God. God life is mighty to purify, vitalize, and strengthen us. We are mentally and physically purified and vitalized when we realize the presence of God life and keep in close communion with it. In order to enjoy more life we must have a clearer realization of the presence of God within us and of our oneness with His very life.

Fatigue is overcome when a person realizes that he is filled with endless vitality. Nothing can tire him when he knows that within him is the energizing life of Spirit.

♣ Thy *life shall be clearer than the noonday.*—JOB 11:17.

THE POWER OF THE SPIRIT OF GOD WITHIN ME GIVES ME POWER TO DO ALL THINGS IN HIS NAME.

THE POWER of God within us is the power we utilize when we go forth to accomplish that which we are inspired to do. This power is always sufficient for all our needs. We cannot believe that we lack in power when we realize that we are one with the very power of God.

If you are inclined to think of yourself as powerless to act in some situation, turn your thought Godward. Turn in thought to the presence of Spirit within you and realize that you are identified with its power. Know that this is the power that makes you wise, joyful, loving, healthy, and prosperous. Through the power of God you can do all things.

The power of God quite naturally is bestowed upon you, His child. He would not create you and leave you powerless. He has endowed you with the ability to do all things in His name. You have but to turn to Him in order to feel yourself filled with power from on high.

● *Ye shall receive power, when the Holy Spirit is come upon you.*—ACTS 1:8.

I EXERCISE GOOD JUDGMENT IN ALL MY DELIBERATIONS BECAUSE I RECOGNIZE GOD IN MY MIDST AS THE SUPREME JUDGE.

THE ABILITY to judge wisely will help you to discriminate between the desirable and the undesirable, between truth and falsehood. By good judgment you discern the real and the true—God! Your good judgment being of God, you are better able to recognize the works of God through its exercise. When you have good judgment, you do not take the wrong step.

Recognizing God in the midst of you as your supreme judge, you always exercise good judgment. You know the good when it appears, and it cannot be evil to you. You cannot think evil thoughts and believe that they are of God. You cannot entertain thoughts of disease and think that they are God's will for you.

Good judgment gives you power to discern the good wherever it is found. You think the right thought and do the right thing. You do what the Spirit of God wants you to do. You do that which is for your own highest good.

♣ *Execute the judgment of truth and peace in your gates.*—ZECH. 8:16.

THE CONSCIOUSNESS OF THE PRESENCE OF CHRIST LIFTS ME ABOVE ALL SENSE OF LIMITATION, AND I AM EXALTED.

As we think of the presence of Christ within us, we realize that we are exalted above all limitations. We know that the Spirit of Christ resurrects us from all sense of limiting thinking and that we have power to ascend above all material claims.

The consciousness of Christ's presence causes us to drop from our mind all former beliefs in the power of material things. We find that we are lifted up to His presence and that in Him we abide in heaven. In this realization we see that we have been resurrected with Him. When Jesus rose above things of the earth, He carried us with Him in Spirit.

Lift up your heart this day! Elevate your thoughts! Abide in heaven with the Spirit of Christ. Let yourself be lifted above the petty thoughts of the workaday world. When you let go of limiting views, you will find something within you exalting you to higher things.

♣ *Let us lift up our heart with our hands unto God in the heavens.*—Lam. 3:41.

WHY *are some of my prayers not answered?*

How often have you asked yourself this question? You wonder why it is that sometimes your prayers are answered almost before you have asked; then again something that you especially desire seems to be withheld from you.

Clarence Edwin Flynn clearly explains why and how this happens in his article "WHY SOME PRAYERS FAIL," appearing in July UNITY magazine. It will help you to know how to make the right prayer so that it cannot fail to be answered.

Order a subscription for UNITY magazine now and request that it start with the July issue. It is only $1 for the twelve issues.

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It is said that any one can have success by observing these four rules: Be a student. Be a thinker. Be a worker. Be a sticker.

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Please send me a Prosperity Bank and ask Silent Unity to pray with me for success. I will faithfully stick to the drill for seven weeks, while I save $1 to send *Unity Daily Word* for one year to each of the friends here named.

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by Lowell Fillmore. If you recognize the power of Spirit in a general way, but fail to see how it applies to your particular problem, this book is a treasure house of ideas for you. It will show you just how to use Truth ideas successfully in overcoming each petty, daily irritation as well as the big obstacles in your life. Mr. Fillmore's helpful book is only $1 in cloth binding; $2 in flexible.

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Daily Lessons for July

1—Peace. 2—Unity. 3—Stillness. 4—Freedom. 5—Forgiveness. 6—Courage. 7—Love. 8—The Way. 9—Relaxation. 10—Prayer. 11—Zeal. 12—Perfection. 13—Life. 14—Faith. 15—Divine Help. 16—Protection. 17—Communion. 18—Work. 19—Illumination. 20—Healing. 21—Prosperity. 22—Mastery. 23—Blessings. 24—Heaven. 25—Newness. 26—Joy. 27—Justice. 28—Vitality. 29—Power. 30—Judgment. 31—Exaltation.

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